


January 2020

First Step to Nutrition

Breakfast, Lunch & Snack - 1% Milk/whole milk served to children age 1 WG=whole grain

* Provider Signature: _____

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						
			1	2	3	4
				Beef Lasagna Salad Kiwi Milk WG Oatmeal Plums/Milk PM - Cutie Orange/Milk	Fish Fillets Peas Pineapple Pilaf Rice/Milk WG Cheerios Banana/Milk PM - Bagel/Milk	
5	6	7	8	9	10	11
	Sloppy Joes Broccoli Grapes Bun/Milk WG Toast Peaches/Milk PM - Croissants/Milk	Grilled Ham & Cheese Carrots Pears WG Bread/Milk Bagel Mandarins/Milk PM - Pretzels/Milk	Pizza Wheels Peppers/Mushrooms Orange WG Tortillas/Milk Kix Fruit Cocktail/Milk PM - Yogurt/Milk	Chicken Soup Carrots & Celery Applesauce WG Noodles/Milk Cream of Wheat Apple/Milk PM - Animal Crackers/Milk	Egg Salad Cucumbers Apples WG Pita/Milk Pancakes Bananas/Milk PM - String Cheese/Milk	
12	13	14	15	16	17	18
	Turkey & Cheese Sandwich French Fries Peaches WG Bread/Milk Cheerios Bananas/Milk PM - Baked Apples/Milk	Baked Ham Scalloped Potatoes Applesauce Roll/Milk WG Waffles Kiwi/Milk PM - Graham Crackers/Milk	Chicken Tenders Corn Pineapple WG Wild Rice/Milk Raisin Toast Pears/Milk PM - English Muffins/Milk	PB & J Sandwich/cheese Carrots Pears WG Bread/Milk Oatmeal Plums/Milk PM - String Cheese/Milk	Macaroni & Cheese Broccoli Apples Milk WG Toast Bananas/Milk PM Fruit Salad/Milk	
19	20	21	22	23	24	25
	Beef Stew Carrots/Potatoes Fruit Salad Dumplings/Milk Waffles Orange/Milk PM - WG Crackers/Milk	Hot Dogs Baked Beans Coleslaw Bun/Milk WG French Toast Peaches/Milk PM - Yogurt/Milk	Cheese Muffin Pizza Lima Beans Fruit Cocktail Milk Kix Mandarins/Milk PM - WG Cinn Toast/Milk	Italian Sausage Green Beans Pineapple Roll/Milk WG Cheerios Bananas/Milk PM - Graham Crackers/Milk	Fish Fillets Mixed Vegetables Applesauce Fish Crackers/Milk WG Oatmeal Pears/Milk PM - String Cheese/Milk	
26	27	28	29	30	31	
	Pork Roast Green Beans Kiwi Stuffing/Milk WG French Toast Bananas/Milk PM - Celery/PB/Milk	Beef Chili Kidney Beans Pears Saltines/Milk WG Cheerios Fruit Cocktail/Milk PM - Yogurt/Milk	Chicken Stir Fry Broccoli Pineapple WG Brown Rice/Milk Pancakes Blueberries/Milk PM - Animal Crackers/Milk	Meatloaf Corn Applesauce WG Roll/Milk English Muffins Peaches/Milk PM - String Cheese/Milk	Ham and Cheese Roll-up Cucumbers Fruit Salad WG Tortilla/Milk Bagel Blueberries/Milk PM - Sweet Pot Stix/Milk	